

NEWINGTON PARKS AND RECREATION

Building A Strong Community



Youth, Adult & Senior Programs * Preschool * Special Events * Fitness Classes * Aquatics



Camps



Motorcycle Madness



Extravaganza



Swim Lessons

RESIDENTS: Registration Begins April 26th

NON-RESIDENTS: Registration Begins May 10th



SAVINGS AROUND THE CORNER

David Johnson | 860-667-0877 | 2315 Berlin Turnpike | Newington, CT

GEICO
Local Office®

Newington Parks and Recreation * 131 Cedar Street * Phone (860)665-8666 * Fax (860)665-8739 * www.NewingtonCT.gov



Newington Parks and Recreation

Building a Strong Community

131 Cedar St. Newington, CT 06111

Phone: 860-665-8666

Fax: 860-665-8739

www.NewingtonCT.gov

Activity Registration Form

PRIMARY HOUSEHOLD CONTACT INFORMATION - PLEASE FILL OUT COMPLETELY

First Name _____ Middle Initial ____ Last Name _____ Gender ____ DOB ____/____/____

Street Address _____ City _____ State ____ Zip _____

Home Phone (____) _____ Work Phone (____) _____ Extension _____

Cell Phone (____) _____ Email Address _____

Emergency Contact #1 _____ Relationship _____ Phone (____) _____

Emergency Contact #2 _____ Relationship _____ Phone (____) _____

ACTIVITY INFORMATION

One registration form can be used for more than one person in the same household.

Participant's First and Last Name	M/F	DOB	Special Medical Concerns?	Activity Code #	Program Name	Fee
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			
			<input type="checkbox"/> Yes <input type="checkbox"/> No			

*If any participant above has special medical concerns, allergies or special needs that we should be aware of, please describe: _____

Supplemental registration forms are available in our office or on our website: www.newingtonct.gov/parksandrec.

READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, social media, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____

DATE: _____

PAYMENT INFORMATION

Payment Type: ☐ Cash ☐ Check ☐ Credit Card ☐ Debit

Credit Card Type: ☐ Visa ☐ Mastercard ☐ Discover

Please note that there is a \$10 minimum for all credit card transactions.

Activity Fee Subtotal: \$ _____

"ROUND UP" For Youth Recreation

Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities. + \$ _____

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ EXP. DATE ____ / ____

General Information

Parks and Recreation Office Information

Location: 131 Cedar Street, Newington, CT 06111
Office Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.
Phone: 860-665-8666 **Program Hotline:** 860-665-8686
Fax: 860-665-8739
Website: www.newingtonct.gov/parksandrec
Facebook: www.facebook.com/newingtonparksandrecreation



Like us on
Facebook

Parks and Recreation Department Staff:

Bill DeMaio, Superintendent of Parks and Recreation
Karen Gallicchio, Recreation Supervisor
Nick Pizzoferrato, Recreation Supervisor
Linda Cruft, Administrative Secretary
Lisa DeLude, Administrative Secretary
Mike Hadvab, Parks and Grounds Supervisor

Registration Information

- Our policy is "no news is good news". When registering by mail or fax, you will NOT be contacted unless a class is filled or there is a change. We do not send program confirmations. You will only be notified if the program you try to register for is not available.
- Registration is taken on a first-come, first-served basis. Residents may register for programs in this program guide beginning on the registration date listed on the front cover. Any registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration.
- We try to accommodate all registrants, but some programs fill to capacity. Please register early if you are interested in a program.
- Some programs have a registration deadline, and we are not able to accept day of or late registrations. If accepted, day of or late registration fees are not pro-rated.
- If the participant has any medical concerns (allergies, asthma, etc.) and/or special needs that we should be aware of, please list it on the registration form and complete and submit a Supplemental Registration Form (available on our website under 'Forms').
- If a minor participant has a medical condition which requires emergency medication during a program or class, please complete the appropriate form for self-medication or medication administration authorization (inquire for details).
- Sometimes we are forced to cancel programs because of insufficient registrations or causes beyond our control. If a program is cancelled, any registered participants will be contacted and refunded.
- A minimum of \$10 is required for all credit card transactions.

Convenient Ways To Register

- **Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.
- **Mail-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.
- **Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT. Walk-in office hours are: Monday – Friday, 8:30 a.m. - 4:30 p.m. *Drop slot may be available after hours.

Upcoming Program Guide

The Fall 2017 Program Guide will be distributed to Newington residents in the September issue of the Newington Life.

Concussion Information

Newington Parks and Recreation Department is dedicated to creating a safe environment for all participants in our programs. A fact sheet for parents containing information regarding concussions is available on our website at www.newingtonct.gov/parksandrec.

Facilities

A full list of Parks and Recreation facilities and their locations and amenities can be found on our website. Please see page 4 for information regarding facility rentals.

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Non-Residents

Non-residents are eligible to register for programs beginning on the date listed on the front cover, which is generally two weeks after the date when resident registration begins.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We make every effort to accommodate those on waiting lists by adding classes when possible.

Inclusive Statement

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Please contact us for more information.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. The Refund Request Form is available on our website at www.newingtonct.gov/parksandrec under 'Forms'. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the Refund Request Form was submitted. Refund requests are not accepted after a program has ended. **A processing fee will also be deducted from any refund issued.**

Inclement Weather / Program Cancellations

Program information and cancellations due to inclement weather are available on our program hotline number (860-665-8686) which is updated when cancellations occur. When there are program cancellations due to inclement weather during the week, the hotline is generally updated by 9 a.m. for morning programs, 12 p.m. for afternoon programs and 4:30 p.m. for evening programs. Weekend update times during inclement weather may vary due to program schedules. During the summer, aquatic program cancellations will be posted on the Pool Activity Line at 860-665-8766.

Facility Rentals...



Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. Please see page 9 for more information .



Field Rentals

Newington ballfields are available to rent in blocks of three hours.

- \$75 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult teams with at least 90% Newington residents.
- \$150 fee for a three hour rental per ballfield (with the exception of any synthetic turf field) in the Town of Newington for adult or youth teams/organizations with less than 90% Newington residents.
- For more information, please call 860-665-8666.



Kellogg Eddy House

The Kellogg-Eddy house is a historic home built in 1808, and is located at 679 Willard Ave. Available space for rentals includes in main meeting room which seats up to 50 people, a dining room which has a table with seating for up to 8 people, and a solarium which seats 6-12 people. For fees and other information, please call 860-665-8666



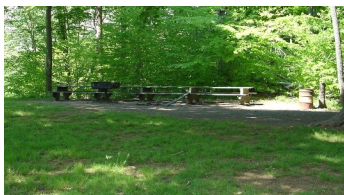
Promote YOUR Community Event on the Parks and Recreation Department's Sign Boards or Market Square Banner!

The sign boards and banner are for use by Newington civic or non-profit organizations only; businesses are not eligible. Sign board reservations are available for a period of one week per event at either the Town Green or CVS location, and it is the organization's responsibility to install and remove the sign. Banner reservations are for a period of two consecutive weeks per event, and will be installed and removed by Parks and Grounds Department staff. There is no charge to make a reservation, but organizations must have their event approved, and must provide their own signs or banners. For more information or to make a reservation, please call 860-665-8666.



Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings are now being accepted at the Parks & Recreation office. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available to reserve; please see the reservation form for details. *Additional fee will apply for non-residents*



UPPER SITE

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



LOWER PAVILION

\$60/day

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.



MIDDLE PAVILION

\$90/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.

2nd Annual Motorcycle Madness

Thursday, May 18, 5:30 - 9:00 p.m. at Mill Pond Park

All motorcycles are welcome - \$5 for general admission or \$10 for contest entry, all proceeds to support the Extravaganza fireworks! Spectators are free. This event will feature live music featuring 'Savage Brothers', food trucks, beer tent, contests and of course, checking out all the different bikes! Motorcycle Madness is sponsored by Haymond Law, Geico of Newington, CT Cruise News, and West Hill Automotive. More information is available on our website www.newingtonct.gov/parksandrec.



Haymond Law

GEICO
Local Office
860-667-0877

Connecticut Cruise NEWS
The Northeast's Number One Car & Motorcycle Events Publication
www.ctcruisenews.com



Data-Mail, Inc. Summer Concert Series at Mill Pond Park

Newington Parks and Recreation Department presents the 2017 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the new Mill Pond Park Pavilion. Join us for the 24th season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors. Concerts are held on Thursday nights, with the addition of a Friday night concert on the eve of Newington's Extravaganza! Please call our program hotline at 860-665-8686 if the weather is inclement. See page 6 for the concert schedule!



Touch-a-Truck

Saturday, June 17th, 10:00 a.m. - 12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event where kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



Fun Runs

Wednesdays, July 5, 12, 19, 26 August 2 and 9th, 6:30 PM

Cross Country Trails behind John Wallace Middle School

These runs are a great way for the whole family to keep in shape! We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners. Both races are free. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke, who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.

Trophies Wanted: We're always looking for donations of running or generic trophies to upcycle into fantastic prizes for our Fun Runs participants. Donations are accepted at the Parks and Recreation office.



National Night Out - "America's Night Out Against Crime"

Tuesday, August 1st 5:00 - 8:00 PM, at Mill Pond Park

Help strengthen the police-community partnership, while sending a message to criminals that the neighborhoods are organized against crime. Enjoy FREE food (while supplies last), ice cream, carnival games, sport challenges and more! Get the chance to pie your favorite Newington Police Officer in the face, take a PD tour, get an up-close look at police vehicles. This event is family friendly. Tell your friends and your neighbors! For more information please contact Officer Jamie DeSimone at 860.594.6232 or jdesimone@newingtonct.gov



Dog Days of Summer Swim

Monday, August 21st, 6:00 - 7:30 PM at Mill Pond Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and dogs must be wearing a current dog license from their town of residency. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.

Motorcycle Madness and Summer Concert Series...

Newington Parks and Recreation Department

General Admission: \$5

Bike Show Contest Entry: \$10

Spectators: FREE!

*Proceeds to Support the
2017 Extravaganza Fireworks*



Building a Strong Community

Motorcycle Madness

Thursday, May 18, 2017

5:30 - 9:00 PM

Mill Pond Park, Newington

Rain Date: Thursday, May 25, 2017

* live music featuring 'Savage Brothers * contests * food trucks * all bikes welcome *

Gold Sponsor



Haymond Law

Silver Sponsor

GEICO
Local Office
860-667-0877

Bronze Sponsor

WEST HILL AUTOMOTIVE
TRUCK AND TRAILER
SERVICES INC.



**AUTO / TRUCK
REPAIR . AUTOBODY . TOWING**
860-523-9075

NEWINGTON WEST HARTFORD

Media Sponsor

Connecticut Cruise NEWS
The Northeast's Number One Car & Motorcycle Events Publication
www.ctcruiseneews.com

For more information, please call Newington Parks and Recreation Department at (860) 665-8666.



The Edythe & Harry Mandell 2017 Summer Concert Series The Data-Mail Inc. Pavilion at Mill Pond Park 6:00 - 8:00 pm



Thursday, May 18th - Motorcycle Madness
Savage Brothers Band

Thursday, May 25th - Motorcycle Madness
Rain Date

Thursday, June 1st - Newington Originals
Tirebiter

Thursday, June 8th - Soul Night
Shaded Soul

Thursday, June 15th - Children's Band & Magic
T-Bone & The Amazing Andy

Thursday, June 22nd - Swing Night
Simply Swing

Thursday, June 29th - Jazz & R&B Night
Mass-Conn-Fusion

Thursday, July 6th - Rock 'n' Roll Night
Dually Noted

Thursday, July 13th - Country Night
Coyote River

Friday, July 14th - Kick Off to Extravaganza
Shaded Soul

Thursday, July 20th - ADA Anniversary Celebration
The Daily Planet

Thursday, July 27th - Patriotic Night
102nd Army Band

**Concert Rain Dates: Thursdays
August 3rd & August 10th**

36th Annual Extravaganza...



Menchie's Frozen Yogurt & Family Tie-Dye Party

Wednesday, July 12th, 6:30 PM at Mill Pond Park

Join us for FREE Menchie's frozen yogurt while creating a beautiful tie dyed shirt! This is a FREE event if you bring your own clean item to tie dye; or, a limited number of 'I ♥ Newington Extravaganza' t-shirts will be available for purchase. This event will take place at the Data-Mail, Inc. Pavilion at Mill Pond Park.



Helicopter Rides

Wednesday, July 12th, 6:00 - 8:00 PM at Mill Pond Park Soccer Fields

Get an aerial view of Newington's beautiful Mill Pond Park. Spaces are limited. Rides are \$40 per person. For more information, please call 860-665-8666.



NEW

Build your own Helicopter

Wednesday, July 12th, 6:00 - 8:00 PM at Mill Pond Park

Build your own helicopter that really flies! With balsa wood, sandpaper and glue, your child will craft a working helicopter with their own hands. When they're all complete, we'll fly them high! Pre-registration fee \$10/\$15 the day of event.



Hot Air Balloon Rides

Friday, July 14th, 6:00 - 8:00 PM at Mill Pond Park

Get a bird's eye view of Mill Pond Park in the Re/Max hot air balloon! \$10 per person at the day of the event, with all the proceeds going to the 36th annual Life. Be in It. Extravaganza. For more information, please call 860-665-8666.



NEW

Stuff - A - Bear

Thursday, July 13th, 5:30 - 7:30 PM at Mill Pond Park

You won't want to miss this NEW Life. Be in It. Extravaganza event! Children will be able to stuff their own teddy bear and dress it in a Life. Be in It. Extravaganza t-shirt. You can reserve a bear for this event in advance at the Newington Parks and Recreation Office for \$20 per child or at the event for \$25.



Summer Carnival

At Mill Pond Park

Stay local this summer and let the carnival come to you! This annual event gets bigger and better every year, and best of all, it's right here in Newington! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Individual ride tickets may be purchased, or purchase a ride wristband and enjoy unlimited rides that day! Carnival rides will close promptly at times listed.

Carnival Hours

Wednesday, July 12th: 5 - 10 PM

Thursday, July 13th: 5 - 10 PM

Friday, July 14th: 5 - 10 PM

Saturday, July 15th: 10 AM - 9 PM



Local Craft Beer Tasting & Concert in the Park featuring Shaded Soul

Friday, July 14th, 6:00 - 8:00 PM at Mill Pond Park

Join us for a fun evening of tasting great local craft beer. We will be joined by some of New England's favorite craft breweries. Tickets can be purchased in advance at the Newington Parks & Recreation Office for \$20 per person or at the door for \$25. All attendees at the tasting must be 21 or older. The concert in the park is open to individuals of all ages and is free to the public. Please call our program hotline at 860-665-8686 if the weather is inclement.



36th Annual Life. Be in It. Extravaganza!

**Saturday, July 15th, 10:00 AM - 10:00 PM, Fireworks at 9:30 PM
Mill Pond Park**

Join us at Mill Pond Park on Saturday, July 15th to celebrate the 36th annual Life. Be in It. Extravaganza! Enjoy food, games, rides, adult beer garden, arts & craft exhibits and much more! The carnival will be open from 10 a.m. - 9 p.m. Our Entertainment Stage will feature an exciting line-up of performers including John Wallace Show Choir, 'Dually Noted', New England's 'Head Over Heels' and special appearance by Renee DiNino from The River 105.9 FM. Admission and parking are free. The event will conclude with a spectacular evening fireworks display over Mill Pond Park.

Extravaganza Fundraising and Discounted Tickets...

Newington Parks and Recreation Building a Strong Community

Lower your home energy costs AND get \$50.00
donated towards the 2017 Extravaganza Fireworks!

It's simple! Schedule a Home Energy AssessmentSM (HES) with
HE-Energy Solutions LLC, and they will donate \$50.00 on your behalf
towards the 2017 Extravaganza Fireworks.

A HES assessment is a complete energy service performed by HE-Energy Solutions LLC, certified professionals. As a customer of Eversource or The United Illuminating (UI), this service is valued at over \$700 but is available to you for only \$124.00.

The HES service may include:

- Blower door test for structural air leaks and corrective sealing.*
- Heating and cooling system ductwork test for air leaks and corrective sealing.*
- Install energy-efficient light bulbs.
- Hot water-saving devices.
- Rebates for qualified Central A/C systems.
- Rebates totaling up to \$200 for replacing certain inefficient appliances.
- Rebates for insulation and window upgrades.
- Energy efficiency, tips, tools and a review of work performed during service visit.
- Energy Specialist recommendations and financing options available to homeowners.

*Within program guidelines.

Energize Connecticut-programs funded by a charge on customer energy bills.



Sign up today and start saving!

Please call Pam at 203-307-5395
and use reference code: FIREWORKS

HE-Energy Solutions LLC,

An authorized contractor for Eversource and The United Illuminating Company.
For more information on residential, business or municipal energy efficiency programs,
call 877.WISE.USE or log on to EnergizeCT.com



CHIPOTLE

MEXICAN GRILL

Support the 36th Annual Life. Be in It. Extravaganza Fireworks

at Chipotle at 3575 Berlin Turnpike
Monday, May 22, 2017
4:00 p.m. - 9:00 p.m.

Show your team spirit by joining us for a fundraiser to support The 36th Annual Life. Be in It. Extravaganza. Come in to the Chipotle at 3575 Berlin Turnpike Unit B in Newington on Monday, May 22nd between 4:00pm and 9:00pm. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to the Newington Life. Be in It. Extravaganza Fireworks!

ONE FOR THE TEAM



Discounted Tickets Available (Available June 5th)

You can purchase discounted tickets for Six Flags or Lake Compounce at the Parks and Recreation office during our normal office hours (Monday - Friday, 8:30 a.m. - 4:30 p.m.) Tickets are available on a first-come, first-served basis until Friday, August 18th or until tickets run out. Tickets are limited - purchase early to avoid disappointment. Sorry, no refunds will be given for lost, stolen or unused tickets.



Tickets are \$40.00 each and are valid for any day of the 2017 operating season, during normal days and hours of operation. However, to avoid disappointment due to weather or an unusual situation, we recommend that you call ahead to confirm days and hours for your visit. Children age 2 and under are free. Additional fees apply for parking. Please visit the Six Flags website for more information and park policies.



Tickets are \$31.00 each and are valid for any day of the 2017 operating season, during normal days and hours of operation (see below for specific dates the park is closed to the general public). However, to avoid disappointment due to weather or an unusual situation, we recommend that you call ahead to confirm days and hours for your visit. Children age 3 and under are free. Additional fees apply for parking. Please visit the Lake Compounce website for more information and park policies.

Park Closed to General Public on the following dates:
May 8-12, 15-17, 22-24, 30 June 5-6 August 28-31 Sept. 1



Show Your Support For Newington's Extravaganza!

A limited quantity of I ♥ Newington Extravaganza shirts are available in the Parks and Recreation office during regular office hours. T-Shirts are \$8.00 each and are available in adult sizes: S-XL and youth sizes: XS-XL.

Special Thanks

Thank you to our event sponsors, business partners and advertisers who are helping us to Build a Strong Community. For the Summer 2017 season, that includes: iHeart MEDIA, Wave Car Wash LLC, Haymond Law, Geico Local Office Newington, West Hill Automotive, ReMax, The MDC, HE-Energy Solutions LLC, Connecticut Cruise News, ERA real estate, Century 21-Stamm Eddy, Chipotle, Menchie's and Data Mail, Inc. We thank you for your support!

Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, private lessons, waterbabies classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Summer pool passes may also be used at the Newington High School Pool for the 2017-2018 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Wednesday, June 21st
Closes Sunday, August 20th at 5:00 p.m.

June 21st - August 5th

Recreational Swim

Monday - Friday

1 - 4:45 p.m. and 6:30 - 8:00 p.m.

Saturday & Sunday

1 - 4:45 p.m. and 6:00 - 8:00 p.m.

August 6th - August 20th

Recreational Swim

1:00 - 4:45 p.m. Daily

Mill Pond Pool will be closed on
Saturday, July 15th for the Extravaganza.

Senior & Disabled Swim

at Mill Pond Pool

June 21st - August 4th

Monday - Friday

12:00 - 1:00 p.m.

Churchill Pool

Opens Wednesday, June 21st
Closes Sunday, August 13th at 5:00 p.m.

June 21st - August 5th

Recreational Swim

Monday - Friday

1 - 4:45 p.m. and 6:30 - 8:00 p.m.

Saturday & Sunday

1 - 4:45 p.m. and 6:00 - 8:00 p.m.

August 6th - August 13th

Recreational Swim

1:00 - 4:45 p.m. Daily

Pool Activity Line:

860-665-8766

Pool Passes

Individual Pass

- Purchased on or before May 24th: \$60
- Purchased after May 24th: \$65

Household Pass*

- Purchased on or before May 24th: \$80
- Purchased after May 24th: \$90

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the fee for each additional person is \$5. Household Maximum: 8 people

Daily Admission Rates

- Adults (18+): \$5
- Children (under 18): \$3
- Seniors (62+): \$3

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older.

* Proof of residency is required.

Birthday Parties at Mill Pond Pool

*Ages 6 months - 15 years
(Newington residents only)*

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

Splash & Bubbles Package - \$160

This package includes exclusive use of the wading pool! A great idea for young swimmers ages 7 and under.

Party includes...

- Exclusive use of the wading pool (main pool will not be available)
- Use of pool toys
- Lifeguards
- Maximum of 15 children & 15 adults (including non-swimmers)

Dolphins & Whales Package - \$210

This package includes exclusive use of the main pool!

Party includes...

- Exclusive use of the main pool (wading pool will not be available)
- Use of pool toys
- Lifeguards
- Maximum of 25 children & 20 adults (including non-swimmers)

Sharks & Minnows Package - \$235

This package includes exclusive use of the Mill Pond Pool facility! Great for a big party of all ages and swim abilities.

Party includes...

- Exclusive use of the main pool and wading pool (for children ages 7 and under)
- Use of pool toys
- Lifeguards
- Maximum of 35 children & 20 adults (including non-swimmers)



Aquatic Swim Lesson Guidelines & Descriptions...

Swim Lesson Registration Guidelines

- **CANCELLATIONS:** Swim lessons will be cancelled when there is lightning and/or thunder in the area. Please call the pool activity line at 860-665-8766 if the weather is inclement.
- **LEVELS:** Please register your child for the appropriate level as listed below. If your child is registered for an inappropriate level, the child may be moved into a more suitable level (depending on availability) at our discretion, or removed from the program.
- **MINIMUM AGES:** While we understand that ages and abilities vary greatly, we must enforce the minimum age requirements for our programs. Please see level descriptions below for more information.

- **DEADLINES:** Swim lesson registration must be received by the Parks and Recreation office no later than Fridays at 4:00 p.m. for sessions beginning the following Monday. Registrations received after Fridays at 4:00 p.m. will be considered late, and participants will not be permitted to attend lessons until the day AFTER registration is received.
- **REGISTERING FOR MULTIPLE SESSIONS:** If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. For example, if your child is registered for Level 2, you may not sign up for a Level 3 class until your child is notified by the instructor that he/she has passed Level 2. Failure to abide by this policy will result in the cancellation of your child's enrollment.
- **CHANGING LEVELS:** If you register your child for multiple sessions of the same level and the child passes the level, you may move your child into an available class in the next level, stay in the same level, or receive a household credit. This must be done in person at the Parks and Recreation office, and you must bring your child's certificate showing they have passed.

Swim Lesson Level Descriptions

Infant & Preschool Programs (Ages 6 months - 5 years old)

Waterbabies (Ages 6 months - 2 years with parent)

Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained.

Preschool (Ages 3 - 5)

These lessons are the perfect opportunity for 3 to 5 year olds to get acquainted with being in the water. Children participate independently. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins.

Learn-To-Swim Program Levels 1 - 6 (Ages 5 -17)

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child. (Level Descriptions Revised September 2014)

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 5 years old)

Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and unsupported front/back float (5 seconds).

Level 2 - Jump from the deck into shoulder deep water, front float (10 seconds), back float (15 seconds), tread water (15 seconds), submerge & hold breath (10 seconds), swim using leg & arm strokes (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (1 minute), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and rotary breathing (15 times).

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Swim Lesson Options

Group Swim Lessons *Ages 6 months - 17 years*

We are an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 5 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. If your child is new to our swim lesson program, please review the swim lesson level descriptions prior to registering your child. Group swim lessons are held at both Mill Pond and Churchill Pools!

Semi-Private Swim Lessons *Ages 5 - 17*

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Friday and are 40 minutes in length. These lessons follow the American Red Cross Learn-to-Swim program, please see descriptions for Levels 1 - 4 above. Semi-private swim lessons are held at Mill Pond and Churchill Pools

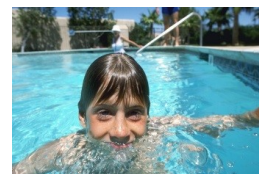
Private Swim Lessons *Ages 5 & Up*

Private lessons are limited to one participant per instructor. Participants receive one-on-one attention on a particular skill, or if you choose, several skills. Private Lessons offer a great opportunity for beginners to develop skills or for competitive swimmers to improve technique and endurance. These lessons do not follow the American Red Cross Learn-to-Swim program. Lessons are offered Monday through Friday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. During the first class, participants should inform their instructor of what particular skill or skills they choose to focus on. Private lessons are held at Mill Pond and Churchill Pools.

Mill Pond Pool & Churchill Pool Group Lessons

Ages: 3 - 17 (Mondays - Friday)

Fee: Session 1: \$32 (8 classes) Session 2 or 3: \$40 (10 classes)



Mill Pond Group Lessons

Session 1: Wednesday - Friday June 21 - 30				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies	2060109-A1M			2060109-A2M
Preschool		2060111-A1M	2060111-A2M	
Level 1	2060101-A1M	2060101-A2M		2060101-A4M
Level 2	2060102-A1M		2060102-A2M	2060102-A3M
Level 3		2060103-A1M	2060103-A2M	
Level 4		2060104-A1M		2060104-A2M
Level 5/6	2060108-A1M		2060108-A2M	

Session 2: Monday - Friday, July 3 - 14				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies	2060109-B1M			2060109-B2M
Preschool		2060111-B1M	2060111-B2M	
Level 1	2060101-B1M	2060101-B2M		2060101-B4M
Level 2	2060102-B1M		2060102-B2M	2060102-B3M
Level 3		2060103-B1M	2060103-B2M	
Level 4		2060104-B1M		2060104-B2M
Level 5/6	2060108-B1M		2060108-B2M	

Session 3: Monday - Friday, July 17 - 28				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies	2060109-C1M			2060109-C2M
Preschool		2060111-C1M	2060111-C2M	
Level 1	2060101-C1M	2060101-C2M		2060101-C4M
Level 2	2060102-C1M		2060102-C2M	2060102-C3M
Level 3		2060103-C1M	2060103-C2M	
Level 4		2060104-C1M		2060104-C2M
Level 5/6	2060108-C1M		2060108-C2M	

Churchill Group Lessons

Session 1: Wednesday - Friday June 21 - 30				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies		2060109-A1C	2060109-A2C	
Preschool	2060111-A1C			2060111-A2C
Level 1		2060101-A1C	2060101-A2C	2060101-A3C
Level 2	2060102-A1C	2060102-A2C	2060102-A3C	
Level 3	2060103-A1C			2060103-A2C
Level 4	2060104-A1C		2060104-A2C	
Level 5/6		2060108-A1C		2060108-A2C

Session 2: Monday - Friday, July 3 - 14				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies		2060109-B1C	2060109-B2C	
Preschool	2060111-B1C			2060111-B2C
Level 1		2060101-B1C	2060101-B2C	2060101-B3C
Level 2	2060102-B1C	2060102-B2C	2060102-B3C	
Level 3	2060103-B1C			2060103-B2C
Level 4	2060104-B1C		2060104-B2C	
Level 5/6		2060108-B1C		2060108-B2C

Session 3: Monday - Friday, July 17 - 28				
	Mornings		Evenings	
	9:00 a.m. – 9:40 a.m.	9:45 a.m. – 10:25 a.m.	5:00 p.m. – 5:40 p.m.	5:45 p.m. – 6:25 p.m.
Waterbabies		2060109-C1C	2060109-C2C	
Preschool	2060111-C1C			2060111-C2C
Level 1		2060101-C1C	2060101-C2C	2060101-C3C
Level 2	2060102-C1C	2060102-C2C	2060102-C3C	
Level 3	2060103-C1C			2060103-C2C
Level 4	2060104-C1C		2060104-C2C	
Level 5/6		2060108-C1C		2060108-C2C

Swim Lessons & Aquatics Programs...

Mill Pond & Churchill Pool Semi-Private Lessons (Mon. - Fri.) Ages: 5 - 17

Fee: \$80
(5 classes)
Fee: \$48 Session 1
(3 classes)

	Session 1: June 21 - 23	Session 2: June 26 - 30	Session 3: July 3 - 7	Session 4: July 10 - 14	Session 5: July 17 - 21	Session 6: July 24 - 28
Mill Pond Pool	5:45 - 6:25 PM 2060201-A1M	5:45 - 6:25 PM 2060201-B1M	5:45 - 6:25 PM 2060201-C1M	5:45 - 6:25 PM 2060201-D1M	5:45 - 6:25 PM 2060201-E1M	5:45 - 6:25 PM 2060201-F1M
Churchill Pool	5:00 - 5:40 PM 2060201-A1C	5:00 - 5:40 PM 2060201-B1C	5:00 - 5:40 PM 2060201-C1C	5:00 - 5:40 PM 2060201-D1C	5:00 - 5:40 PM 2060201-E1C	5:00 - 5:40 PM 2060201-F1C

Mill Pond & Churchill Private Lessons (Mon. - Fri.) Ages: 5 & Up

Locations & Times: Mill Pond Pool - 6:30 - 7:10 PM & Churchill Pool - 6:30 - 7:10 PM

Fee: \$110
(5 classes)
Fee: \$66 Session 1
(3 classes)

	Session 1: June 21 - 23	Session 2: June 26 - 30	Session 3: July 3 - 7	Session 4: July 10 - 14	Session 5: July 17 - 21	Session 6: July 24 - 28
Mill Pond Pool	6:30 - 7:10 PM 2060301-A1M	6:30 - 7:10 PM 2060301-B1M	6:30 - 7:10 PM 2060301-C1M	6:30 - 7:10 PM 2060301-D1M	6:30 - 7:10 PM 2060301-E1M	6:30 - 7:10 PM 2060301-F1M
Churchill Pool	6:30 - 7:10 PM 2060301-A1C	6:30 - 7:10 PM 2060301-B1C	6:30 - 7:10 PM 2060301-C1C	6:30 - 7:10 PM 2060301-D1C	6:30 - 7:10 PM 2060301-E1C	6:30 - 7:10 PM 2060301-F1C

Mill Pond Special Needs Swim Lessons (Mon. - Fri.) Ages: 5 & Up

Fee: \$80 (5 classes)

These swim lessons are offered for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are offered Monday through Friday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. Lessons are held at Mill Pond Pool.

Fee: \$48 Session 1
(3 classes)

Session 1: June 21 - 23	Session 2: June 26 - 30	Session 3: July 3 - 7	Session 4: July 10 - 14	Session 5: July 17 - 21	Session 6: July 24 - 28
5:00 - 5:40 PM 2060401-A1M	5:00 - 5:40 PM 2060401-B1M	5:00 - 5:40 PM 2060401-C1M	5:00 - 5:40 PM 2060401-D1M	5:00 - 5:40 PM 2060401-E1M	5:00 - 5:40 PM 2060401-F1M

Little Swimmers Ages 6 months - 5 yrs.

A great program for your little swimmer! Join us at Mill Pond Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper.

Location: Mill Pond Park Wading Pool

Times: 10 AM - 12 PM

Fee: \$12 per week (\$7 for Week 1) or \$60 for the whole summer for residents / not available for non-residents.

Session:	Code:	Dates:
Week 1	2060606-A1M	Wednesday - Friday, June 21 - June 23
Week 2	2060606-B1M	Monday - Friday, June 26 - June 30
Week 3	2060606-C1M	Monday - Friday, July 3 - July 7
Week 4	2060606-D1M	Monday - Friday, July 10 - July 14
Week 5	2060606-E1M	Monday - Friday, July 17 - July 21
Week 6	2060606-F1M	Monday - Friday, July 24 - July 28

Jr. Lifeguarding Ages 11 - 14



This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguarding Program. Participants should bring a bathing suit and towel to each class. Jr. Lifeguarding is held Monday through Friday for two weeks.

Location: Mill Pond Pool

Fee: \$85 (10 classes)

Code:	Time:	Dates:
2060601-A1M	5:00 - 5:40 PM	Monday - Fridays, June 26 - July 7
2060601-B1M	5:00 - 5:40 PM	Monday - Fridays, July 17 - July 28

Adult Swim Lessons Ages 18 & Up

Our adult swim lessons provide the opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are held as one week sessions, Monday - Friday and are taught in groups of no more than 5 participants per instructor.

Location: Churchill Pool

Fee: \$42 (5 classes)

Code:	Time:	Dates:
2060505-A1M	5:00 - 5:40 PM	Monday - Friday, June 26 - 30
2060505-B1M	5:00 - 5:40 PM	Monday - Friday, July 10 - 14

Youth Art & Music Programs...

Music Together

Ages newborn to 5 years

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.



Instructor: Susan Freese

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

Code:	Time:	Dates:
2030801-A1	8:30 - 9:15 AM	Saturdays, July 15 - August 19 (6 classes)
2030801-A2	9:30 - 10:15 AM	Saturdays, July 15 - August 19 (6 classes)
2030801-A3	10:30 - 11:15 AM	Saturdays, July 15 - August 19 (6 classes)
2030801-B1	4:30 - 5:15 PM	Tuesdays, July 11 - August 15 (6 classes)
2030801-B2	5:30 - 6:15 PM	Tuesdays, July 11 - August 15 (6 classes)
2030801-C1	9:30 - 10:15 AM	Wednesdays, July 12 - August 16 (6 classes)
2030801-C2	10:30 - 11:15 AM	Wednesdays, July 12 - August 16 (6 classes)

Colors & Curves - Artist's Tools

Entering Grades 1 - 5

Bring your imagination and join the fun! Create and design with a multitude of materials. Projects will include animals prowling in disguise, your very own shining stars to hang outside in the moonlight and colorful exotic birds! Learn which colors stand out and why and how curves give a different look to everything. Children should bring a smock.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$32 for residents / \$39 for non-residents

Code:	Time:	Dates:
2030710-A1	6:00 - 7:00 p.m.	Tuesdays, July 25 - August 8 (3 classes)

Amazing Faces and Places

with Let's Gogh Art

Ages 5 - 12

Oh, the places we'll go! Art explorer travel to some pretty amazing places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyle faces and visit the amazing Taj Mahal. Experience cave painting, fossil making and egg shell mosaics. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing T-shirts. Sculpt and paint colorful Mexican pots, make bark paintings and create Haitian sequined banners. Fun facts and concepts in history and geography are included as well as face painting or glitter tattoos. This is our most creative and original art-venture week!



Instructor: Let's Gogh Art staff

Location: MCC Arts & Crafts Room

Fee: \$145 for residents / \$155 for non-residents

Code:	Time:	Dates:
2030709-A1	9:00 AM - 12:00 PM	Monday - Friday, August 14 - 18 (5 classes)

Interested in one of our programs?

Please Register Early!

Our programs sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the program has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or class that your child is interested in... please, **REGISTER EARLY!**

Children's Lines & Colors

Entering Grades 1 - 5

Artist's will be creating and designing unusual projects using a wide variety of materials. Projects are 2D and 3D including sea monsters with multiple legs, colorful rhythm drawings, mysterious and beautiful boats and ships that sail the high seas! These projects will promote an awareness of the elements of design: shape, space, and color. Sure to be lots of fun while creating these very imaginative projects! Children should bring a smock.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

Fee: \$42 for residents / \$52 for non-residents

Code:	Time:	Dates:
2030711-A1	6:00 - 7:00 p.m.	Tuesdays, June 27 - July 18 (3 classes, no class 7/4)

Youth Programs and Summer Music...

Play-Well TEKnologies Robotics Camps

Ages 7 - 13

Robotics using the LEGO® WeDo® System

Build and program robots in this introductory Robotics class using the LEGO® WeDo® system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs

Robotics using the LEGO® EV3 System

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

Instructor: Play-Well TEKnologies staff

Location: MCC Romano Room

Fee: \$150 for residents / Fee remains the same for non-residents

Code:	Time:	Dates:
Robotics using the LEGO® WeDo® System (Ages 7-9)		
2030901-A1	9:00 AM - 12:00 PM	Monday - Friday, August 21 - 25 (5 classes)
Robotics using the LEGO® EV3 System (Ages 10-13)		
2030901-A2	1:00 PM - 4:00 PM	Monday - Friday, August 21 - 25 (5 classes)

Eclectic Naturopathic Medical Center, LLC

Kathleen Riley, ND

Susan Yarett, ND

At the Eclectic Naturopathic Medical Center, we specialize in providing gentle, effective treatments for acute and chronic illnesses for infants to geriatrics. If you are looking for a way to learn how to be as healthy as possible, call or check out our website for more information.



48 Christian Lane
Newington, CT 06111
860-665-1254
www.kathleenrileynd.com

Summer Music

Entering Grades 4 and up



Start a brand new instrument, or if you play already, join the Band or Orchestra! This program is for beginners, intermediate, and advanced musicians. This program is held at John Wallace Middle School. Please go to the Summer Music webpage for more details, schedules and other important information:

<http://patersonmusic.net/SummerMusic.html>

or contact Paul Kemp at John Paterson School: pkemp@npsct.org.

Program Dates: Monday – Friday, June 26th - July 27th
(no program July 4th)

Evening Concert: Wednesday, July 26th

Fun Day: Thursday, July 27th

Program Director: Paul Kemp

Summer Music – Beginners Code: 2030802 - A1

This program is for beginners or students looking to learn a new instrument.

Time: 8:00-10:00 AM* (see schedule for specific lesson time)

Fee: \$95 for residents / \$115 for non-residents

Summer Music – Advanced Code: 2030803 - A1

This program is for older students who already have experience playing an instrument and are ready to join the Band or Orchestra.

Time: 10:00 AM-12:00 PM* (see schedule for specific lesson time)

Fee: \$95 for residents / \$115 for non-residents

Summer Music – Advanced PLUS Code: 2030804 - A1

This program is for older students who want to join the Band or Orchestra, but also wish to learn a new instrument. Students will participate in both sessions described above.

Time: 8:00-12:00 PM* (see schedule for specific lesson time)

Fee: \$140 for residents / \$160 for non-residents

***Please see the Summer Music Schedule for details about specific instrumental music times.**

Use Offer Code: 71517 and SAVE on your car wash!
Help support the 2017 Life. Be in It. Extravaganza Fireworks!



Car Wash

Separate business at the Shell Station
295 Main Street
Newington, CT 06111

Phys. Ed Camp *Entering Grades 1 - 7*

This is a week-long camp filled with all of the favorite fitness games and activities from Physical Education class. Join us for our third year of super fun activities at P.E. Camp, including: scooters, parachute, water balloons, Capture the Flag, HotBall, basketball, and many more. Participants will help select some of their favorite games to play. Participants attending the morning or afternoon program should bring a snack. Participants attending the full day program should bring a snack and a lunch.



Location: Ruth L. Chaffee Elementary School Gymnasium

Staff: Mr. Percival and Mr. Liebler

Fee: Fees are listed below. Fees remain the same for non-residents.

Sibling Discount: 3rd sibling is 50% off.

Multiple Week Discount: 10% discount if registering for additional full weeks.

Code:	Session:	Time:	Dates:	Fee:
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Week 1 - Monday - Friday, July 10 - 14

2030405-A1	Morning	8:30 - 11:00 AM	Mon.- Fri., July 10 - 14	\$135
2030405-A2	Afternoon	11:30 AM - 2:00 PM	Mon.- Fri., July 10 - 14	\$135
2030405-A3	Full Day	8:30 AM- 2:00 PM	Mon.- Fri., July 10 - 14	\$260

Week 2 - Monday - Friday, July 17 - 21

2030405-B1	Morning	8:30 - 11:00 AM	Mon.- Fri., July 17 - 21	\$135
2030405-B2	Afternoon	11:30 AM - 2:00 PM	Mon.- Fri., July 17 - 21	\$135
2030405-B3	Full Day	8:30 AM- 2:00 PM	Mon.- Fri., July 17 - 21	\$260

Week 3 - Monday - Friday, July 24 - 28

2030405-C1	Morning	8:30 - 11:00 AM	Mon.- Fri., July 24 - 28	\$135
2030405-C2	Afternoon	11:30 AM - 2:00 PM	Mon.- Fri., July 24 - 28	\$135
2030405-C3	Full Day	8:30 AM- 2:00 PM	Mon.- Fri., July 24 - 28	\$260

NEW

Hobby Quest Mini Camp *Ages 6- 12*

Airplanes Mini Camp (Morning):

Soar through the summer with your own hand-made aircrafts! Your Hobby Quest flight captain will teach you everything you need to know about building and flying amazing machines. You'll build helicopters, gliders and even motorized planes. By the end of the week you'll know all about how planes fly and what each part of the airplane is for. As if building incredible planes wasn't enough, we'll even take them outside and see them fly! Children learn valuable skills like following step-by-step instructions, sanding and gluing. Program fee includes all materials, and children take home every plane they build.

Magic Mini Camp (Afternoon):

Young magicians—learn how to trick your friends and family! The Great Hobby Quest Magician will teach you all the secrets you need to become a real illusionist. Make objects disappear, float in midair, and learn to astound everyone with a magical mastery of mind-reading tricks. Of course, no magician is complete without a spell-binding performance, so at the end of the week you'll even perform a real magic show! Through magic, children learn how practice makes perfect and how to present in front of a group. Program fee includes all materials, and children take home every trick they learn.

Location: Mortensen Community Center Romano Room

Staff: Hobby Quest Staff

Fee: \$175 half day/ \$350 full day Fees remain the same for non-residents.

Code:	Session:	Time:	Dates:
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2030405-A1	Morning-Airplanes	9:00 - 12:00 Noon	Mon.- Fri., Aug. 14 - 18
2030405-A2	Afternoon-Magic	1:00 - 4:00 PM	Mon.- Fri., Aug. 14 - 18
2030405-A3	Full Day	9:00 AM- 4:00 PM	Mon.- Fri., Aug. 14 - 18

The Soccer Club of Newington Soccer Camp

Ages 7 – 14



Be challenged and have fun with the best pro coaches around! Learn how to be a CHAMPION like Messi, Alex Morgan, or Cristiano Ronaldo! Athletes will be challenged and develop technically and tactically. Each day will end with small sided 6 vs. 6 or 8 vs. 8 matches. Players will be grouped by ability level and age. Small student to coach ratio! Each participant will receive a t-shirt and ball. Proceeds of this camp helps Newington Parks and Rec and also helps the Soccer Club provide coaching education, community donations, and scholarships.

Camp Contact: Philip Knowlton - 860-462-8012 or

president1@newingtonsoccer.org

Location: Newington High School Tennis court fields

Fee: \$135 for residents / fee remains the same for non-residents.

Code:	Time:	Dates:
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2030412-A1	6:00 - 8:30 PM	Monday - Thursday, July 17 - 20
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*Friday, July 21st is the make-up date



Program Information & Cancellation Hotline:

860-665-8686

Karate *Ages 5 - 12*

Come and learn the traditional art of Okinawan Shorin-Ryu Karate, taught by Master Peter Pekrul, a 10th degree black belt with over 30 years of teaching experience. You will learn the basics of Karate – blocking and striking – as it is still taught in Okinawa today. Students will also learn discipline, self-confidence, and how to defend themselves.

Instructor: Peter Pekrul

Location: Mortensen Community Center Gymnasium

Fee: \$43.75 for residents / \$52.50 for non-residents

Code:	Ages	Time	Dates
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2031005-A1	5 - 6	5:00 - 6:00 PM	Wednesdays June 21 - Aug. 9
2031005-B1	7-12	6:00 - 7:00 PM	(7 classes, no class 7/19)



Like us on Facebook

Youth Sports Camps...

Skyhawks Basketball

Entering Grades K - 2

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility. Participants should wear appropriate clothing, sneakers and bring a water bottle and snack. All participants receive a ball and t-shirt!

Location: Mortensen Community Center Gym

Code:	Time:	Dates:	Fee:
2030411-A1	9:00 AM - 11:00 AM	Mon - Fri, Aug. 14 - 18	\$95

Skyhawks Multi-Sport

Ages 7 - 12

In this multi-sport camp we combine three sports (Capture the Flag, Ultimate Frisbee and Kickball) into one fun-filled week. Boys and girls will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle and two snacks. All participants receive a t-shirt!

Location: Martin Kellogg Middle School Field

Code:	Time:	Dates:	Fee:
2030409-A1	9:00 AM - 1:00 PM	Mon - Fri, Aug. 7- 11	\$125

Skyhawks Flag Football

Grades 1 - 7

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment! The week ends with the Skyhawks Sports Bowl! Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a football and t-shirt!

Location: Mill Pond Park

Ages: A1-Grades 1 & 2, A2-Grades 3-7

Code:	Time:	Dates:	Fee:
2030407-A1	10:00 AM - 12:00 PM	Mon - Fri, June 26 - 30	\$85
2030407-A2	1:00 PM - 3:00 PM	Mon - Fri, June 26 - 30	\$85

Skyhawks Tiny-Hawk

Ages 3 - 4

The Tiny-Hawk program introduces participants to the essentials of soccer and basketball. Through games and activities, campers explore balance, hand/eye coordination and skill development. All participants must be toilet trained. Participants should wear appropriate clothing, sneakers and sunscreen and should bring a water bottle. All participants receive a t-shirt!

Location: see below

Code:	Time:	Dates:	Fee:
2030401-A1	5:00 - 5:45 PM	Mon - Thurs, June 19- 22	\$59
Location: Mill Pond Park (Garfield St. side)			

2030401-B1	9:00 - 9:45 AM	Mon - Fri, Aug. 7 - 11	\$75
Location: Martin Kellogg Middle School Field			

Skyhawks Volleyball

Ages 10 - 14

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Participants should wear appropriate clothing and sneakers and bring knee pads and water. All participants receive a ball and t-shirt!

Location: Mortensen Community Center Gym

Code:	Time:	Dates:	Fee:
2030408-A1	6:00 - 8:00 PM	Mon - Thurs., July 17 - 20	\$89

Skyhawks Mini-Hawk

Ages 4 - 7

This baseball, basketball and soccer program gives young children a positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and bring water and two snacks. All participants receive a ball and t-shirt!

Location: see below

Code:	Time:	Dates:	Fee:
2030402-A1	5:50 - 7:15 PM	Mon - Thurs, June 19 - 22	\$75
Location: Mill Pond Park (Garfield St. side)			

2030402-B1	10:00 AM - 1:00 PM	Mon - Fri, Aug. 7 - 11	\$125
Location: Martin Kellogg Middle School Field			

Skyhawks Sand Volleyball

Ages 10 - 14

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving... in the sand! This co-ed program is designed for the beginning and intermediate player. Participants should wear appropriate clothing and bring water and a pair of socks to play in if desired. All participants receive a ball and t-shirt!

Location: Churchill Park Sand Volleyball Court

Code:	Time:	Dates:	Fee:
2030410-A1	9:00 AM - 1:00 PM	Mon - Thurs., Aug. 7 - 10	\$125



ALL OUR STEAKS ARE
SERVED
TENDER, JUICY AND
SIZZLING.

RUTH'S CHRIS STEAK HOUSE

Hartford | 860.666.2202 | 2513 Berlin Turnpike

Ben Alaimo Baseball Camp

Ages 8 - 14

Join Newington High School Head Baseball Coach Ben Alaimo for two exciting camps geared toward Little Leaguers and Babe Ruth baseball players! Participants will learn high quality age-appropriate baseball skills. Instruction will focus on mechanics of throwing and catching, player specific hitting fundamentals, defensive skill development, fundamentals of base running, in game offensive and defensive situation instruction and more. In addition to outstanding instruction, this camp will offer fun skill contests and games! All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat, hat, water bottle and glove.

*Location: Small Diamond: Volunteer Field
Big Diamond: Legends Field
(Both fields at Clem Lemire Complex)*

Code:	Time:	Dates :	Fee:
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Small Diamond Players - Ages 8 - 12

2030414-A1	9:00 AM - 12:00 PM	Mon - Thurs, June 26 - 29 (6/30 rain date)	\$120
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Big Diamond Players - Ages 12 - 14

2030414-B1	9:00 AM - 12:00 PM	Mon - Thurs, June 26 - 29 (6/30 rain date)	\$120
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Program Information & Cancellation Hotline:
860-665-8686

High School Volleyball

Girls Entering Grades 10-12

Practice the skills you need to compete at the high school level. Campers will receive drills and feedback specific to their position and playing ability. This camp is fun and engaging allowing players to continue their love for the game

*Staff: Tami Hyde & Carly Wanner-Hyde
Location: Mortensen Community Center Gym*

Code:	Time:	Dates:	Fee:
2030415-A1	6:00 - 8:00 PM	M, T, TH, FRI Aug. 14 - 18 (4 classes)	\$125



Volleyball Fundamentals

Girls Entering Grades 7-9

Learn and practice the basic fundamentals of volleyball. Campers will learn forearm passing, overhand serving, setting, spike approach and game rotations. This camp is fun and engaging, allowing beginners to develop a love of the game with the goal of playing in high school.

*Staff: Tami Hyde & Carly Wanner-Hyde
Location: Mortensen Community Center Gym*

Code:	Time:	Dates:	Fee:
2030418-A1	4:00 - 5:45 PM	M, T, TH, FRI Aug. 14 - 18 (4 classes)	\$110

Boys' Basketball Camp

Entering Grades 3 - 8

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

*Staff: Scot Wenzel & high school players
Location: Martin Kellogg Gymnasium*

Code:	Time:	Dates:	Fee:
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Boys Entering Grades 3 - 5

2030416-A1	8:00 AM - 11:00 AM	Mon - Fri, June 26 - 30	\$100
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Boys Entering Grades 6 - 8

2030416-A2	11:30 AM - 2:30 PM	Mon - Fri, June 26 - 30	\$100
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Coach Bangs' Basketball Skills Academy

Girls Entering Grades 4 - 8

Newington High School Girls Basketball Coach Rick Bangs will be holding his second annual summer basketball skills academy. The week-long camp will focus on building skills in dribbling, shooting, passing and defense. Participants will receive skill-based instruction at the beginning of the day and will be playing games to end the day. All participants will get a t-shirt.

*Staff: Rick Bangs and staff
Location: Martin Kellogg Gymnasium
Fee: \$150 per participant / \$90 for each additional registered sibling*

Code:	Time:	Dates:
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2030403-A1	8:30 AM - 12:00 noon	Mon - Fri, July 17 - 21
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LOOK! See this box?

So will your customers.

Contact us today to get your company's name in front of all Newington residents, while supporting the Parks and Recreation Department.

For more information, please call 860-665-8666 or visit www.newingtonct.gov/parksandrec and click on 'Seasonal Program Guides'

Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open May 1 - October 30, 2017 (weather permitting)

Phone: 860-667-5820

Program Coordinators: Bob Dean, Sarah, Matt
& Ryan Dean

COURT FEES

NTA Members & Residents: \$12 per hour

Non-Residents: \$16 per hour

Juniors (18 & under): \$10 per hour

SEASON PLAY PASSES

\$150/player and \$210/family (NTA members only)

* Checks made payable to:

Newington Tennis Association

COURT HOURS

Monday through Friday

8:00 AM - 12:00 Noon

5:00 PM - 8:00 PM

Saturdays & Sundays

8:30 AM - 12:00 Noon

Special Events

June 17 & July 29 (Minimum of 12 players needed)

Mixed Doubles Pizza Parties 3-5 PM

Sept. 10

End of the Year Party 1-3 PM

NTA PROGRAMS

Balls included for all programs. Fee: \$7 for all programs except Men's Singles (Fee: \$9) & Men's Doubles (Fee: \$5)

Program	Days	Time
Women's Doubles	Tuesdays	9:00 - 11:00 AM
	Wednesdays	5:30 - 8:00 PM
Men's Doubles	Wednesdays	5:30 - 8:00 PM
	Saturdays	9:00 - 11:00 AM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays	9:00 - 11:00 AM
	Tuesdays	5:30 - 8:00 PM

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructors Bob & Matt Dean, Mark Dalton

Rain dates will be made up on Fridays of each week. For questions about the program, please call Bob Dean after May 15th at 860-667-5820 or 860-667-4984 prior to May 15th.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 5 - 8	#6 July 10-13
#2 June 12-15	#7 July 17-20
#3 June 19 - 22	#8 July 24 - 27
#4 June 26 - 29	#9 July 31- 3
#5 July 3,5-7	#10 Aug. 7 - 10
	#11 Aug. 14-17

MUNCHKIN TENNIS (Red Ball), Ages 4 - 7

Designed for the little players. Have fun and play games while learning the basic skills of tennis. Using a larger, low compression ball, on a lower net to develop tennis skills.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$45 resident
		\$53 non-resident

RISING STARS (Orange Ball), Ages 7 - 10

Introduce & continue the development of basic skills. Emphasis on ground strokes, serves, volleys, rules of play and court etiquette. Using a lower compression ball.

Level	Time	Fee
Beginner -	10:00 - 11:00 AM	\$45 resident
Low Intermediate	11:00 AM - 12:00 noon	\$53 non-resident

ALL STARS (Green Ball), Ages 10 - 12

Designed for advanced beginners and low intermediate players working on more complete tennis skills, yet still using low compression green balls.

Level	Time	Fee
Adv. Beginner -	11:00 AM- 12:00 noon	\$45 resident
Low Intermediate		\$53 non-resident

CHAMPIONSHIP TENNIS (Yellow Ball), Ages 12 - 15

Designed for low intermediate to intermediate players working on more complete tennis skills, specialty shots, and match play.

Level	Time	Fee
Intermediate	11:00 AM- 12:00 noon	\$45 resident
		\$53 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes 8 -10 matches) 1 practice per week (Mondays, 1:00-2:30 p.m.), 2 matches per week (Tuesdays and Thursdays, 1:00-3:00 p.m.) Fee includes end of the season tournament - date TBD.

Dates	Fee
June 20 - July 21	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after May 15th at 860-667-5820.

LESSON RATES

Private:	1 hour: \$40
	1/2 hour: \$30
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Tuesdays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips

Tuesdays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

Please use this form when registering for adult tennis lessons

Name: _____

Home Phone: _____

Work Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at any time!

Enter date you wish to begin:

Circle Appropriate Session:

Monday: Beginner Advanced

Wednesday: Beginner Advanced

Youth Registration Form Please use this form when registering for youth tennis!

Class: _____ Session(s): _____

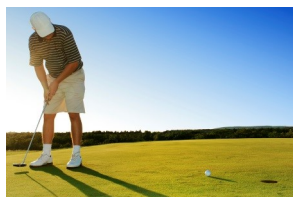
Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Youth and Adult Golf Programs...

Golf Programs at Indian Hill Country Club



Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Non-residents pay the same rate as residents for all the programs listed on this page!*

**Free Junior Clinics are only available to residents.*

Golf Instructors:

Wayne Smyth - PGA Professional
Adam D'Amario - PGA Professional

111 Golf Street

Newington, CT 06111

Phone: 860-666-5447

Fax: 860-666-2805

E-Mail: golfshop@ihccgolf.com

Website: www.ihccgolf.com

Indian Hill Junior Golf Camp (Co-Ed) Ages 8 - 14

A concentrated course designed to teach your child everything he/she will need to play golf in a fun and safe learning environment. The low student-to-instructor ratio allows for plenty of 1-1 time to learn all aspects of the game. Topics include: full swing, short game, on-course play, rules and etiquette. Clubs will be provided to any participants who do not have their own. Space is limited. For more information, please call 860-666-5447.

Instructors: PGA Golf Professionals

Location: Indian Hill Country Club

Code:	Time:	Dates:	Fee:
2030202-A1	1:00 - 3:00 PM	Tues - Fri July 18 - 21 (4 classes)	\$99

Free Newington Junior Golf Clinics (Co-Ed) Ages 8 - 14

Join us for a complimentary junior golf clinic at Indian Hill Country Club. This is a short session, for ages 8 to 14 years old, designed to introduce kids to the game of golf. The clinic will be conducted at the putting green and driving range. Equipment will be provided for use during the clinic. Sign up for one or all three! Clinics are available to Newington residents only.

Instructors: PGA Golf Professionals

Location: Indian Hill Country Club

Fee: Free (Residents Only)

Code:	Time:	Date:
2030201-A1	1 - 2:30 PM	Sunday, June 25
2030201-B1	1 - 2:30 PM	Saturday, July 29
2030201-C1	1 - 2:30 PM	Sunday, Aug. 27

Pre-registration Required

Interested in one of our sports camps? Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**



Program Information Hotline:

860-665-8686



Indian Hill Country Club Resident Information

Newington residents are able to play golf at Indian Hill on specific days of the week by purchasing a resident membership card (see rates below). The Resident Card may be purchased from the Indian Hill office or Golf Shop, annually. Proof of age and residency is required. All fees may be paid by cash or check.

Newington Regular Resident Cards:	\$25
Newington Senior (62+) Resident Cards:	\$50
USGA Handicap Service (optional):	\$25

Times for Resident Play

Saturdays: 1:30 pm – Dusk

Sundays: 1:30 pm – Dusk

Mondays*: 8:00 am – Dusk

**Seniors pay no Greens Fees on Mondays*

Tuesdays: 7:30 am – 10:00 am & 5:30 pm – Dusk

2017 Golf Rates

Resident Greens Fee	Golf Cart Fees	Guest of a Resident
9 Holes (walking) - \$20	9 Holes - \$10	9 Holes (walking) - \$22.50
18 Holes (walking) - \$37	18 Holes - \$20	18 Holes (walking) - \$45

Please call Indian Hill for more information:
(860) 666-5447 or (860) 665-7817

Beginner Ladies Golf Clinic

Are you ready for some fun? Get Golf Ready is a fun and affordable golf instruction program for people with little or no golf experience. The Get Golf Ready program is a series of five introductory lessons conducted by PGA Professionals in a small-group environment.



The five lessons featured in the Get Golf Ready program will provide basic skills instruction as well as information regarding the game's rules, etiquette and values. Significant on-course learning opportunities will also be a part of each lesson. Overall, participants will gain insight into techniques regarding chipping, putting, full swing and bunker play as well as the fundamental guidelines regarding the use and maintenance of golf equipment, keeping score and navigating the course, among others. For more information about the program, please call 860-666-5447.

Instructor: PGA Golf Professionals Wayne Smyth and Adam D'Amario

Location: Indian Hill Country Club, 111 Golf Street

Fee: \$99 for residents / fee remains the same for non-residents

Code:	Time:	Dates:
1040601-A1	6:00 - 7:30 PM	Wednesdays, June 21 - July 19 (5 classes)

Summer Sunshine...

Summer Sunshine



For 3 and 4 year olds
Open to residents and non-residents

Summer Sunshine is full of fun! Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Children attend either two days per week (Monday & Wednesday OR Tuesday & Thursday) or four days per week (Monday - Thursday). Each week has a different theme with all sorts of related daily activities, including painting, drawing, beads and wearable projects. All participants must be toilet trained. Each child should bring a healthy, nut-free lunch with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning. Children will attend supervised swim every day at the Mill Pond Pool wading pool. Children ride on a school bus with staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

Please note that we are a nut-free program and facility.
Peanut butter and nuts of any kind are not permitted in the facility.

How to Register

A separate registration form must be completed to register for Summer Sunshine. Spaces are limited! Program information and registration forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.



Creative Playtime Preschool Program

Register Now for the 2017-2018 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, visit us online at www.newingtonct.gov/parksandrec, visit the Parks and Recreation office, or call 860-665-8666.

Program Dates

Monday - Thursday,
June 19th - July 27th
(no program July 4th)
9:00 AM - 2:00 PM*

**Extended care hours available from 8:00 - 9:00 AM for an additional fee.*

Location

1075 Main Street, Lower Level

This program is held at our Creative Playtime Pre-school facility, which includes beautiful classroom space dedicated solely to preschoolers and a fenced in outdoor play space!

Program Fees

Two Days Per Week

Monday & Wednesday OR Tuesday & Thursday
EXCEPT Week 3 which will be a 3 day week due to the July 4th holiday.

Residents: \$75 per week
Non-Residents: \$90 per week
(Week 3: Residents: \$112 / Non-Residents: \$135)

Four Days Per Week

Monday - Thursday

Residents: \$130 per week
Non-Residents: \$155 per week

Full Summer

Monday - Thursdays for all 6 weeks

Residents: \$630*
Non-Residents: \$755*

Extended Care

(8:00 - 9:00 AM)

Two Days Per Week

Monday & Wednesday OR Tuesday & Thursday
EXCEPT Week 3 which will be a 3 day week due to the July 4th holiday.

Residents: \$20 per week
Non-Residents: \$25 per week
(Week 3: Residents: \$30 / Non-Residents: \$37)

Four Days Per Week

Monday - Thursday

Residents: \$30 per week
Non-Residents: \$40 per week

Full Summer

Monday - Thursday for all 6 weeks

Residents: \$155*
Non-Residents: \$180*

* To be eligible for the discounted full summer rates, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply.

Playground Pals

For Children Entering Kindergarten or 1st Grade in the fall
(Non-Newington Residents may register for this program for an additional fee per week.)

Our staff is planning an action-packed summer for your child! Registrants may sign up for all sessions. The ratio is approximately 1 staff member to 10 children. The Playground Pals program is held in the Mortensen Community Center Gymnasium and Mill Pond Park. Children should arrive to camp each day with a bagged lunch, snacks and beverages with an ice pack. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day. Parents must apply sunscreen before bringing child to camp each day.

Playground Pals is a great opportunity to meet new friends, develop respect, build self-esteem, and participate in activities in a safe and friendly atmosphere.

Our activities include field trips, cookouts, special events, free swim, swim instruction, sports, group games, special guests, theme days, music, crafts and nature activities.



*All campers will
receive a t-shirt!*

Program Dates

June 21st - August 4th
(no program July 4th)

7:30 AM - 2:00 PM*

**Extended care hours available from
2:00 - 5:30 PM for an additional weekly fee.*

Location

**Mortensen Community Center
Gymnasium/ Mill Pond Park**

Program Fees

Register Early And Save!

Sibling Discount:
\$20 off per week per additional child
(\$10 off for week one)

Registration received by June 1st:

Week One Rate - \$80

Weekly Rate - \$135 per week
Any 1 Week (Weeks 2-7)

Full Summer - \$650*
All 7 Weeks (no program July 4th)

Registration received after June 1st:

Week One Rate - \$88

Weekly Rate - \$149 per week
Any 1 Week (Weeks 2-7)

Full Summer - \$715*
All 7 Weeks (no program July 4th)

Extended Care

(2:00 - 5:30 PM)

Weekly Rate - \$42
Any 1 Week (Weeks 2-7)

Week One Rate - \$25

Full Summer - \$277
All 7 Weeks (no program July 4th)

**To be eligible for the discounted full summer rate, you must register and pay for all 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 1 is \$890. Total cost for 7 weeks purchased individually after June 1 is \$982.*

How to Register

A **separate registration form** must be completed to register for Playground Pals. Spaces are limited! Program information and registration forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Camp RECreate

For Children Completing Grades 1 - 7

(Non-Newington Residents may register for this program for an additional fee per week.)

Camp RECreate will offer a wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts and much more! Children should arrive to camp each day with a bagged lunch, snacks and beverages with an ice pack. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day. Parents must apply sunscreen before bringing child to camp each day.

Camp RECreate is a great opportunity to meet new friends, develop respect, build self-esteem, and participate in activities in a safe and friendly atmosphere.



*All campers will
receive a t-shirt!*

How to Register

A separate registration form must be completed to register for Camp RECreate. Spaces are limited! Program information and registration forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec.

Program Dates

June 21st - August 4th
(no program July 4th)

7:30 AM - 5:30 PM

Locations

Children completing grades 1 & 2 in June 2017
will attend the program at:
**Mortensen Community Center
Mill Pond Park**

Children completing grades 3 & 4 in June 2017
will attend the program at:
**John Paterson Elementary School
Churchill Park**

Children completing grades 5, 6 & 7 in June 2017
will attend the program at:
**John Wallace Middle School
Churchill Park**

Program Fees

Register Early And Save!

*Sibling Discount:
\$20 off per week per additional child
(\$10 off for week one)*

.....
Registration received by June 1st:

Week One Rate - \$100

Weekly Rate - \$165 per week
Any 1 Week (Weeks 2-7)

Full Summer - \$800*
All 7 Weeks (no program July 4th)

.....
Registration received after June 1st:

Week One Rate - \$110

Weekly Rate - \$182 per week
Any 1 Week (Weeks 2-7)

Full Summer - \$880*
All 7 Weeks (no program July 4th)

.....
*To be eligible for the discounted full summer rate, you must register and pay for all 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 1 is \$1,090. Total cost for 7 weeks purchased individually after June 1 is \$1,202.

Camp S'More, Camp Counselor in Training program...

CAMP S'MORE

For Children Entering Grades K - 4

(Non-Newington Residents may register for this program for an additional fee per week.)

For those children who aren't ready for camp to end, we are adding another week of fun!!! Camp S'More offers S'More swimming, S'More games, S'More crafts & activities and mostly, S'More fun!!!!

Campers will get to choose games and activities that they want to do in this program!!

Space is limited, so sign up early so you don't miss out!



Program Dates

**Monday - Friday,
August 7th - August 11th**
(one week)

7:30 AM - 5:30 PM

Location

**Mortensen Community Center
Mill Pond Park**

**Fee: \$160 (Residents)
\$185 (Non-Residents)**

Activity Code:

2000601-A1

Leaders in Training (LIT)

For Students Completing Grades 8 & 9

The Leaders In Training (LIT) Program provides instruction and skill development related to working in the Parks and Recreation field; including exposure to camps, aquatics, and special events. Interested participants must apply and be selected for this 5-week program. Applications will be reviewed, and qualified applicants will be contacted for interviews by June 7th. Selected participants will be expected to make a full 5 week commitment to the LIT Program.

To apply for the Leaders In Training (LIT) Program, participants must complete and submit the following to the Parks and Recreation office by Friday, May 26th:

- Town of Newington Employment Application
- Three (3) LT Recommendation Forms

**The Employment Application and LIT Recommendation Forms
are available at the Parks and Recreation office or
on our website at www.newingtonct.gov/parksandrec.**

Program Dates

**Monday, July 3rd -
Friday, August 4th**
(No program Tuesday July 4th)

8:30 AM - 4:30 PM
(individual schedules may vary)

Location

**Selected LITs will be located at:
Mortensen Community Center**

**Fee: \$150 (Residents)
\$180 (Non-Residents)**

Activity Code:

2000509-A1

Adult Programs...

Drawing & Design

Drawing starts with learning how to interpret what you see through an artist's eyes. Discover that basic shapes, combined with a range of values and textures, turns into a spectacular drawing! Learn all the basic fundamentals and apply these methods to landscapes, nature, animals, birds and more. Lots of demonstrations, handout sheets and one on one guidance. All will be amazed at that you can do with a pencil. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$45 for residents / \$57 for non-residents

Code:	Time	Dates
2040803-A1	6:00 - 7:30 PM	Mondays, July 10 - August 14 (6 classes)

The Art of T'ai Chi

T'ai Chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$62 for residents / \$78 for non-residents

Code:	Time	Dates
2041003-A1	5:30 - 6:30 PM	Mondays, July 3 - Sept. 11 (10 classes, no class 9/4)

Ballroom Dancing

Learn to dance for any occasion! Feel confident and have fun at parties, weddings and other events. This is a great way to have a 'date' with your partner or make new friends. Dancing will keep you energized and fit. In this session you will learn the Foxtrot, Swing, Salsa and slow dance from a professional dance teacher. No partner is required. Please wear comfortable shoes with a smooth sole.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Code:	Time	Dates	Fee:
2040702-A1	6:30 - 7:30 PM	Mondays, June 26 - Aug. 28 (10 classes)	\$70 for residents \$88 for non-residents

Intro to Kayak *Ages 13 - adult*

Enjoy nature up close in our beautiful waterways. This course is for those who want a more in-depth start, or a tune-up of basic skills. Topics covered will include boat design/materials, paddle/PFD and equipment selection. Covered basic strokes and maneuvers are: paddling forward, backward, turning, bracing to prevent capsize and what to do in an emergency. Kayak, paddle and PFD provided.

Location: Collinsville Canoe & Kayak, 41 Bridge Street, Collinsville, CT 06022
Fee: \$65 for residents / fee remains the same for non-residents

Code:	Time	Date
1041101-A1	10:00 - 12:00 PM	Saturday, June 3 (one class)

Stand Up Paddleboard (SUP) Basics *Ages 13 - adult*

SUP is a new perspective on exploring our waterways. It's also a great way to get a full body workout. Our 1.5 hour basics session will take place on the Farmington River behind our shop. We'll cover all the basics; getting familiar with equipment, water entry and balance, proper stance and positioning on the board, efficient paddling technique, safety and etiquette. This is a sport that can be enjoyed in calm flat water as well as taken to the next level in the surf! Use of paddleboard, paddle and personal floatation device are included.

Location: Collinsville Canoe & Kayak- 41 Bridge Street, Collinsville, CT 06022
Fee per session: \$39 for residents / fee remains the same for non-residents

Code:	Time	Date
1041103-A1	11 AM - 12:30 PM	Saturday, July 8 (one class)
1041103-B1	11 AM - 12:30 PM	Saturday, July 29 (one class)

Please Register Early!

Our programs sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the program has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or class that your child is interested in... please, **REGISTER EARLY!**

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Code:	Time	Dates	Fee:
2040701-A1	5:30 - 6:30 PM	Mondays, June 26 - Aug. 28 (10 classes)	\$70 for residents \$88 for non-residents

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. This class will give you an intense workout, but is open to all fitness levels.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: \$50 for residents / \$62 for non-residents

Code:	Time	Dates
2041004-A1	5:45 - 6:45 PM	Tuesdays, July 11 - Sept. 12 (10 classes)

Hi/Lo Aerobics

Back by popular demand! Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

Fee: \$40 for residents/ \$50 for non-residents

Code:	Time	Dates
2041010-A1	6:30 - 7:30 PM	Wednesdays, July 12 - Sept. 13 (10 classes)

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$40 for residents / \$50 for non-residents

Thursdays: \$44 for residents / \$55 for non-residents

Register for both classes and SAVE \$5!

Residents: \$79 / Non-Residents: \$100

Code:	Time	Dates
2041009-A1	9:15 - 10:15 AM	Tuesdays, June 27 - Sept. 12 (10 classes, no class 7/4, 7/18)
2041009-B1	9:15 - 10:15 AM	Thursdays, June 29 - Sept. 14 (11 classes, no class 7/20)

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba is a popular way to exercise!

Instructor: Mondays - Cristina Tsombanos

Wednesdays & Thursdays - Mary Woods

Location: All classes held at Senior & Disabled Center Auditorium



Code:	Dates	Time	Fee:
2041007-A1	Mondays, June 26 - Sept. 11 (9 classes, no class 8/7, 8/14, 9/4)	5:00 - 6:00 PM	\$45 for residents \$56 for non-residents
2041007-B1	Wednesdays, June 28 - Sept. 13 (11 classes, no class 8/9)	5:15 - 6:15 PM	\$55 for residents \$68 for non-residents
2041007-C1	Thursdays, June 29 - Sept. 14 (11 classes, no class 8/10)	5:30 - 6:30 PM	\$55 for residents \$68 for non-residents

Please Register Early!

Our programs sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the program has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or class that your child is interested in... please, **REGISTER EARLY!**

**Stop by for good food and drinks!
Dinner specials served daily!**



245 Hartford Road - New Britain, CT 06053

Adult Yoga and Pilates Classes...

Beginner Yoga

If you've been wondering how yoga might support you in your life, this is the class for you! We'll start at the very beginning, giving detailed descriptions of poses and breathing techniques, so that you can experience the many benefits of yoga for yourself. Among these are: reduced stress, greater flexibility, improved balance, increased concentration and a greater sense of overall well-being. Non-beginners who are comfortable with a slower pace are welcome also! Sticky yoga mats are required and yoga blankets are highly recommended.

Instructor: Cynthia Wolcott

Location: Mortensen Community Center Romano Room

Code:	Time	Dates	Fee
2041001-B1	5:45 - 7:00 PM	Thursdays, June 29 - Sept. 14 (12 classes)	\$72 for residents \$90 for non-residents

Mixed Levels Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

Instructor: Jess Tucker, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: Residents: \$70 / Non-Residents: \$87

Code:	Time	Dates
2041002-A1	5:45-6:30 PM	Wednesdays, June 28 - Aug. 30 (10 classes)

Program Information Hotline:

860-665-8686



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Facebook

Core Strength Training

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Participants should bring a yoga mat, water, and light weights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: \$70 for residents / \$87 for non-residents

Code:	Time	Dates
2041005-A1	6:30 - 7:15 PM	Mondays, June 26 - Aug. 28 (10 classes)

Mixed Levels Yoga

Do you want to take the next step to deepen your yoga practice or become familiar with a variety of postures and breathing practices? This might be the class for you if you have some familiarity with yoga postures and want to further explore the practice of yoga. For this class, modifications of postures are made to accommodate all, allowing all levels to feel supported. Sticky yoga mats are required and yoga blankets are highly recommended. A limited number of blocks and straps are available.

Instructor: Ellen Brown

Location: Mortensen Community Center Romano Room

Fee: \$54 for residents / \$67 for non-residents

Code:	Time	Dates
2041001-A1	6:45 - 8:00 PM	Mondays, July 10 - Sept. 11 (9 classes, no class 9/4)

Gentle Yoga

This is a very gentle yoga class with a focus on awareness, alignment and breathing as well as stretching and strengthening - suitable for anyone who wants to practice very gently: seniors, people recovering from illness, or others who want an easeful practice. Great for reducing stress and increasing awareness. Each class will begin and end with a brief meditation. Please bring a sticky mat to each class.

Instructor: Cynthia Wolcott

Location: Senior & Disabled Center Rooms A & B

Fee: Tuesdays: \$58 for residents / \$72 for non-residents

Thursdays: \$63 for residents / \$78 for non-residents

Code:	Time	Dates
2050404-A1	10:00 - 11:00 AM	Tuesdays, June 27 - Sept. 12 (11 classes, no 7/4)
2050404-B1	10:00 - 11:00 AM	Thursdays, June 29 - Sept. 14 (12 classes)

Total Barre

Total Barre is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb. hand weights.

Instructor: Ashley Ganon, Personal Euphoria staff

Location: Senior & Disabled Center Rooms A & B

Fee: \$70 for residents / \$87 for non-residents

Code:	Time	Dates
2041006-A1	5:45 - 6:30 PM	Mondays, June 26 - Aug. 28 (10 classes)
2041006-B1	6:30 - 7:15 PM	Wednesdays, June 28 - Aug. 30 (10 classes)

Gentle Yoga

This is a very gentle yoga class with a focus on awareness, alignment and breathing as well as stretching and strengthening - suitable for anyone who wants to practice very gently: seniors, people recovering from illness, or others who want an easeful practice. Great for reducing stress and increasing awareness. Each class will begin and end with a brief meditation. Please bring a sticky mat to each class.

Instructor: Cynthia Wolcott

Location: Senior & Disabled Center Rooms A & B

Fee: Tuesdays: \$58 for residents / \$72 for non-residents
Thursdays: \$63 for residents / \$78 for non-residents

Code:	Time	Dates
2050404-A1	10:00 - 11:00 AM	Tuesdays, June 27 - Sept. 12 (11 classes, no 7/4)
2050404-B1	10:00 - 11:00 AM	Thursdays, June 29 - Sept. 14 (12 classes)

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. **Participants must register at the Senior & Disabled Center main office.** Registration is no longer accepted by the Parks and Recreation Department. *For information about becoming a Senior & Disabled Center member, please call 860-665-8778.*

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

Dates	Time
Tuesday, June 13	11:30 - 1:30 PM
Tuesday, July 11	11:30 - 1:30 PM
Tuesday, August 8	11:30 - 1:30 PM
Tuesday, September 12	11:30 - 1:30 PM

Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$35 for residents / \$43 for non-residents
Thursdays: \$38 for residents / \$46 for non-residents

Register for both classes and SAVE \$5!
Residents: \$68 / Non-Residents: \$84

Code:	Time	Dates
2050401-A1	10:20 - 11:20 AM	Tuesdays, June 27 - Sept. 12 (10 classes, no class 7/4, 7/18)
2050401-B1	10:20 - 11:20 AM	Thursdays, June 29 - Sept. 14 (11 classes, no class 7/20)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$50 for residents / \$62 for non-residents

Code:	Class	Time	Dates
2050403-A1	Beginners	9:00 - 9:45 AM	Mondays, July 3 - Sept. 11
2050403-A2	Intermediates	10:00 - 10:45 AM	(10 classes, no class 9/4)

Oil Painting for Beginners

Have you always wanted to try your hand at painting but didn't know where to start? This is the class for you! All new students will follow step by step demonstrations that teach the fundamental skills needed for painting. These week to week classes are specifically designed for the beginning painter with simplified and basic instructions which will produce beautiful paintings. Returning students may continue with their own guided projects. Please call the Parks & Recreation Department at 860-668-8666 for a supply list prior to the first class. Wearing a smock is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee per session: \$53 for residents / \$66 for non-residents



Code:	Time	Dates
2050201-A1	9:15 - 11:45 AM	Tuesdays, July 11 - August 15 (6 classes)

Zumba Gold

A perfect class for active older adults - or anyone who is looking for a modified class that recreates the original Zumba moves at a lower intensity. The class introduces easy-to-follow choreography that focuses on balance, motion, and coordination. It will also burn calories, increase metabolism, relieve stress, and probably be the most fun 45 minutes of your day! You and your new Zumba friends will enjoy rhythms such as Salsa, Merengue, Cha-Cha, Swing, and more! Participants should wear comfortable clothing and appropriate footwear for a dance/exercise class and bring water. Come ready to sweat and expect to leave empowered and strong!

Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium

Fee: \$44 for residents / \$55 for non-residents

Code:	Time	Dates
2050402-B1	10:00 - 10:45 AM	Fridays, June 30 - Sept. 8 (10 classes, no class 8/11)



Newington Police Department

in partnership with

Newington Parks & Recreation

presents...



"America's Night Out Against Crime"

Help strengthen the police-community partnership,
while sending a message to criminals that the
neighborhoods are organized against crime.

Tuesday, August 1, 2017

5:00 - 8:00 p.m.

Mill Pond Park - Newington

Rain Date: Thursday, August 3, 2017

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